



BBQ Chicken



Method



Grate half orange zest into a bowl



Add a teaspoon of chili powder



Add a teaspoon of the paprika



Add a teaspoon of mustard



Add 4 teaspoons of ketchup



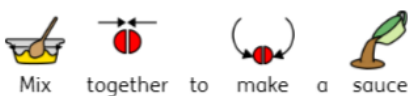
Add 4 teaspoons of honey



Add a splash of olive oil



Add a pinch of salt and pepper



Mix together to make a sauce



Coat both sides of the chicken breast with the sauce



Cover bowl with clingfilm leaving the chicken in the sauce for 10 minutes



Use the tongs to put the chicken on the BBQ



Turn the chicken over every two minutes until cooked through



Ingredients



Chicken breast



1 Orange



Chilli Powder



Smoked Paprika



English Mustard



Honey



Ketchup



Olive Oil



Salt & Pepper



Equipment



Apron



BBQ or Grill



Grater



Teaspoon



Wooden spoon



Bowl



Oven gloves



Fork or tongs



Cling film